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SEE
A7
FOR:

FRESHMAN COMMANDMENTS



80th Year of Print

THE HILLTOP

The Student Voice of Howard University Since 1924

VOLUME 87, NO. 2

FRIDAY, AUGUST 22, 2003

www.thehilltoponline.com

The BIG Move In Day



Photo by Tina Franklin

Incoming freshmen move into the Bethune Annex dorm assisted by their family.

By Jodi Hurt
Online Editor

Over 1,600 incoming freshmen and transfers piled in to their dormitories August 17 fearful of the first night away from home but excited to what lies ahead. Students

tend to come from all over the world to attend one of the top HBCUs in the country.

In a recent study done by enrollment management the top Howard University students travel from California, New Jersey, New York, Texas, Pennsylvania, and Maryland. "Howard students soon learn that regardless of where you are from being at Howard makes

you family," Benita Jones, an alumni of Howard University.

From the Administration Building to Blackburn Center it was one line after another as new students tried to get copper stickers to place on the back of their Capstone Cards.

"The week of freshmen orientation has been nothing but running around," said freshmen Stanley Johnson

from Philadelphia, while waiting in line to receive his card.

Even though there were long lines the Howard faculty kept them moving as most wait times were under an hour depending on the time of day. The cooperation of the faculty and the students is what made

See MOVE page A3

Howard, At Your Service

By Danielle Scruggs
Assistant Campus Editor

At Howard, there are several services available that are beneficial to new students who want to make a smooth transition from high school to campus life. These services run the gamut from health to academics to safety.

Student Health Center

The student health center is responsible for general health care, sickness, accidents, preventive medication, and health education. Special services include allergy treatments, immunizations, sexually transmitted disease screenings, tuberculosis screenings, and a women's health clinic. Contraceptives are also available as long as one agrees to sign up for a class on contraceptives twice a week.

The student health center also provides psychiatric services, a university counseling service that helps students cope with campus life through workshops, small growth groups, psychotherapy, and giving career and major advice. Free dental services are also available at the Outpatient Clinic of the College of Dentistry. To contact the student health center, call 806-7540.

Moorland-Spingarn Research Center

The Moorland-Spingarn Research Center (MSRC), according to its website, "collects, preserves, and makes available for research a wide range of resources chronicling the Black experience." Hundreds of thousands of periodicals, newspapers, journals, manuscripts, archival collections, audiotapes, artifacts, prints, photographs and maps are at any Howard student's fingertips. The MSRC is a great resource for research papers as well as a terrific place to learn about Black culture and the history of Howard University. The MSRC is located in Founder's Library. Access to manuscripts and university archives are available by appointment only. For more information call 806-7240.

Center for Academic Reinforcement

The Center for Academic Reinforcement (CAR) is located in the School of Education, ASB-II, behind Locke Hall. CAR provides programs and services that focus on improving reading skills, study habits, verbal skills, and basic mathematics. It also provides peer tutoring services for students of all majors who are having difficulty in any subject.

See HOWARD page A3

Career Services Office: A Great Way to Start out on the Right Path

By Danielle Scruggs
Assistant Campus Editor

No student at the Mecca should have to worry about career counseling.

The Career Services Office (CSO), located on the second floor of the C.B. Powell Building, provides career counseling, job interview tips, resume critiques, internship and employment opportunities, and a resource library that allows one to research career interests all in one convenient location.

Kim R. Wells, director of CSO, encourages all students, particularly freshmen, to take advantage of all the opportunities CSO has to offer. "The clock starts ticking the moment you get accepted," Wells says.

In addition to the aforementioned services, CSO also

provides walk-in service from 2 to 3 p.m. Monday through Wednesday, which gives students one-on-one assistance concerning job opportunities, sponsors a career fair and career exploration week in the fall and spring, and makes available on-campus recruitment services as well as career and professional development training. There is even a graduate and professional school fair during both career fairs that recruits students to law schools, medical schools, and the top graduate schools in the country.

The resource library contains books, job binders, multimedia, job bulletins, periodicals, magazines and online resources that all provide company and industry information, career development activities, and career exploration.

Another helpful resource is the computer program, CIGI Plus, which is an online career exploration program. The secure website walks students through their skills, lists opportunities, and associations to join that will help further their career. CIGI Plus is accessible through the career services website. Wells says it is a good program since it helps take some of the pressure off the small four-person staff.

Another service CSO provides is the Career Education Program, in which staff members go to classrooms and talk about career related issues for their major or the particular department the students are in.

Wells also says CSO wants to work more closely with not only interns but also the companies they work at so interns are doing professional work



photo by Chantal Nchako

Kim Wells provides his assistance to students looking for help with their career paths.

and not, in Wells' words, "just serving coffee." Wells also emphasizes the importance of a solid resume and appropriate dress. "Businesses are becoming more critical and first

impressions are still extremely important."

In other words, one should make sure his or her resume is error free and detailed. One should also dress in a suit or

business casual at career fairs, interviews, and receptions.

Although CSO supplies many opportunities for career

See SERVICES page A3

Safety Tips for the Mecca; Things Freshman Should Know



By Veronica-Marché Miller
Hilltop Staff Writer

Bright-eyed and eager to begin their college careers, nearly 1,600 freshmen moved onto Howard's campus this past weekend. Prepared to face professors, exams, and lines for registration, these students

must also face the reality of campus crime. An urban campus in a major metropolitan city, Howard has had its share of incidents where its students have become victims.

The following is only a partial list of safety tips for new college students. Other information can be obtained from

Campus Police, resident assistants, and upperclassmen.

Residence Hall Safety

Make sure to lock your dorm room door at all times, especially when sleeping or going out. Do not compromise the safety of your room for a roommate that has forgotten their key. Find an alternative so

that the room can be secured. You must never loan out your key.

If someone claiming to be from maintenance, the fire department, or the police department shows up to your

See SAFETY page A3



CAMPUS

Freshman Move-In Weekend: *Controlled Chaos; The Mecca Minus the Mayhem*

COLUMN

By Charreah Jackson
Hilltop Staff Writer

"NEEEEEEEEXT" bel-
owed, the man behind the screen
of the Howard ID Card booth,
who obviously loved his job.
Although, I had sat in line for so
long my big toe was having nap
time and I certainly did not enjoy
the constant changing of chairs in
the zigzag line, I had met a funny
girl from Michigan by way of New
Jersey who was studying nursing,
heard two native New Yorkers
explore high school memories as
if we had not just graduated, and
most importantly, I was at the
Mecca! I was finally officially an
HU Bison.

The annual hustle, has-
sle, and heart ache of freshman
move-in does not escape the elite
Howard University. However, the
Howard staff did a good job of
solving misunderstandings that
were bound to happen, being
organized to keep thousands of
parents from becoming overly

agitated, and most importantly
making my class, the class of
2007 feel welcomed to the Mecca
and extremely glad we came to
Howard.

Please do not get it twist-
ed, move-in was not a stroll
through the park, where we all
sang cum-ba-ya and everything
was perfect. For some it was a "rat
chasing its tail event" as they
could not get their meal plan until
they were validated, could not get
validated until they had regis-
tered for classes, and could not
register for classes because there
academic advisor was no where
to be found. For some, like me,
we stood in a mile- long line just
to go inside a room and wait
another thirty minutes to get val-
idated, while only one middle
aged woman looked in an early
ninetenn-nineties computer to
see if we were clear for validation,
while another lady sipping on her
Slim Fast can explained to you
what your holds were if you had
any. This could have been under-
standable if not for, after being
validated, I walked to the room

for getting meal plans and their
was absolutely no line and at least
ten people "working" and most
definitely enjoying each others
company, as three people helped
me. These minor frustrations
illustrate the tribulations of any
large university in trying to assist
thousands of people with person-
al situations. It is no easy feat
being judged highly by those you
are trying to help and Howard did
its best to have a smooth
Freshman Move-In and to iron
out any bumps that arose.

Like any job, nation or
school, in order to know how
things are really done you must
go straight to the source - the
employees, the people, the stu-
dents. The students of Howard
University LOVE this school,
inspite of its faults. The freely
given help of so many students to
help the freshman move in, find
their way around campus, and to
just feel welcome made a tremen-
dous difference in our move-in
experience. Every sector of our
diverse campus was represented
from Greeks to chapel assistants

to international pals to former
Gentlemen of Drew, all with one
goal, to welcome us to our new
home. Although some may have
enjoyed driving those golf carts
just a little too much, they defi-
nitely helped us to not get over-
whelmed and put our nervous
parents at ease.

Climbing higher on the
Howard hierarchy from our fel-
low Howard students to our
University President, H. Patrick
Swygert, Howard is on the ball. I
must admit I had not envisioned
President Swygert to be such a
charismatic and inspiring person.

The Pinning Ceremony for
the Class of 2007, that was held
Saturday evening, was superb. As
different images of Howard Life
flashed across a screen, and our
marching band transported us to
cold football games with hype
crowds, our University President,
reminded us why we are here,
and where we are going, and it
finally sunk in, we had reached
the capstone and their was no
turning back.

The BIG Move In Day

MOVE from A1

to help new students wherev-
er they can.

orientation week a success.
All dorms open on August 21
for normal check in, and
most returning students
began their move back as
early as Wednesday.

Howard faculties are
confidant both that the move
in process will remain
smooth.

All freshmen dorms
require students to have a
meal plan, so students were
able to receive their meal
plan without being validated.

Other then the long lines
freshmen felt that the transi-
tion was easy with the help
of their Campus Pal. After talk-
ing to over twenty freshmen
almost all of knew the name
of their Campus Pal.

"My campus pal was a
lot of help and all the stuff
planned for the freshmen
have been alright, but I wait-
ing on the 2K9 party," said
Freshmen Brian Adams. The
Campus Pals have a booth
out side of Blackburn ready

With everyone moved in
freshmen in the Tubman
Quadrangle, Drew and
Carver Hall are making due
with the lack of air condition.
Students are trying to stay
cool however they can and
are spending most of their
time in air-conditioned
buildings or for Quad resi-
dents in Crandall or Truth
Hall, two of the four dorms,
which have air conditioning.

Last year several Quad
residents opted to go home
rather than living in the
triples but this year students
seem to handle the situation
better.

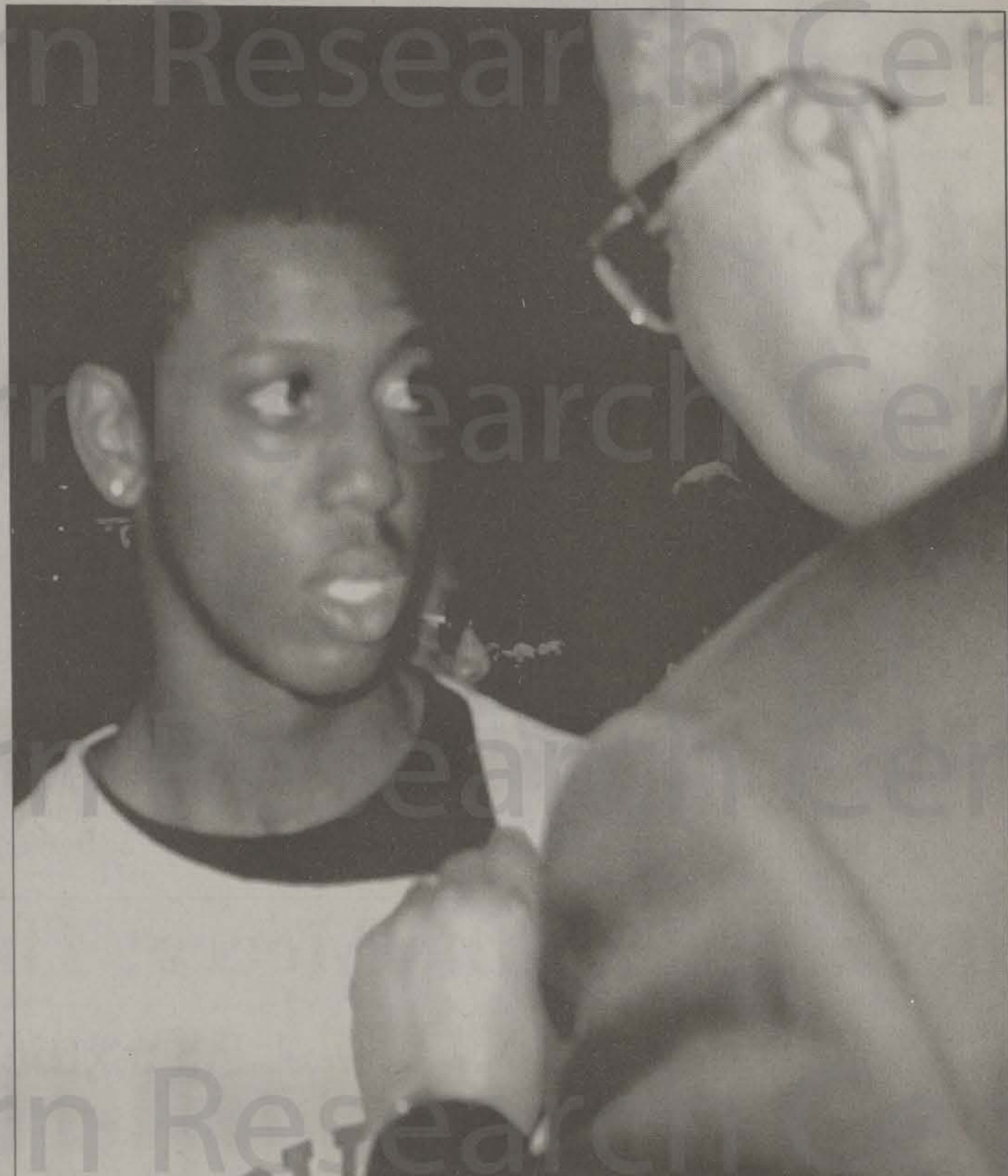
"I like living in a triple it
really isn't that bad. I get
along with both my room-
mates and the air condition-
ing is a bonus," freshmen
Dana Williams resident of
Crandall.



Freshman students, along with their parents, endure the heat as they move into Drew Hall last weekend.



PHOTOS BY MAYA GILLIAM



The incoming class of 2007 were welcomed into the Howard family (left). One student receiving his class pin during the pinning ceremony (right).

PHOTOS BY MAYA GILLIAM



CAMPUS

Career Services Office: A Great Way to Stay out on the Right Path

SERVICES from A1

advancement, many students do not take advantage of the opportunities as much as they should.

"It's interesting," says Wells. "how we have a block of people who don't know [about what CSO offers] but we also have a lot of people who participate in our activities." Wells says students at Howard are not as aggressive about CSO services as students from other colleges are. "It's not part of the

psyche yet."

Wells says he hopes to change that and make students more aware since Howard is "the premier recruitment place for most companies."

Wells also wants to stress that CSO services are for students of all majors, even so-called non-traditional fields. "For example, many federal agencies hire people [with a liberal arts background]," says Wells.

Perhaps the most important part of career advance-

ment is choosing a job that is enjoyable. "It's much better to do something that you love," says Wells. "That way, you'll work harder for it instead of just being average and going up against people that are willing to put in the extra work needed."

For more information, call the Career Services Office at 806-7513 or visit their website at <http://www.howard.edu/careerservices>.

Howard, At Your Service

HOWARD from A1

Academic help is also provided via computers, videos, and audiotapes. For more information, call 806-7340.

Ralph J. Bunche International Affairs

The Ralph J. Bunche International Affairs Center, named for the famous African-American diplomat and Nobel Prize Winner is located at 2218 6th St. NW, next door to the School of Engineering. The Center is dedicated to making students more aware of international affairs through seminars, symposiums, movie screenings, study abroad programs, and diplomat-in-residence programs.

The study abroad program allows students to travel literally all over the world while getting an education. Although most study abroad programs are available to upperclassmen, some programs only require one semester of college completed. The diplomat-in-residence program allows one to intern abroad, join think-tank organizations and intern in U.S. government agencies, including the U.S. Department of State. The center also provides fellowships and scholarship opportunities for internationally oriented programs.

The Ralph J. Bunche International Affairs Center is a great way for any student to become more culturally aware and more informed about global issues. For more informa-

tion, call 806-4363.

Student Escort Service

Thanks to 2002-2003 Howard University Student Association (HUSA) President Cornell Williamson, this service was introduced during the fall of 2002. Volunteer student drivers pick up students and drive them to university owned properties when regular shuttle ends at midnight. This free after-hours shuttle service is safer than walking from building to building late at night and cheaper than calling a taxi. If one does not need to be driven to his or her destination after hours, and would rather a walking escort, one can call the Campus Police and request a walking escort. To use either service, call the Campus Police at 806-1100.

Safety Tips from the Mecca; Things Freshmen Should Know

SAFETY from A1

room, ask for identification before letting them in.

Keep your door wide open if an unfamiliar person is in your room.

Never prop open outside doors. Unlocked entrances allow non-residents to enter the dorms, a situation that compromises the safety of every resident.

Campus Safety

Though it may be repeated time after time, it's extremely important to walk in groups

and to be aware of your surroundings, especially after dark.

At night, avoid shortcuts at all costs. Be sure to walk through well-lit, populated areas.

Ladies should use backpacks to conceal purses. Several girls have been robbed of their handbags at gunpoint.

Be sure to use good judgment and to follow your instinct. Leave any uncomfortable situation immediately.

Become familiar with the campus and surrounding neighborhood, and know where

the orange emergency call boxes are located.

Always let someone know where you're going.

Personal Safety

Do not share personal information (such as your social security number or HUID number) with anyone. More and more students are becoming victims of identity theft.

Carry pepper spray to give yourself an advantage over any potential attackers.

Be aware of anyone lingering near your dorm, vehicle, or on campus. College students are very likely to be stalked.

Keep only a few dollar bills in your wallet. Consider carrying a "dummy" wallet in case you are robbed. Keep money, credit cards, driver's licenses and keys in a concealed pocket.

Sexual Safety

College campuses encounter high rates of sexual assault, and assailants known by the victims commit 75-80% of rapes. To protect yourself, be sure to closely follow these guidelines.

Be aware. Sexual assault can happen at time in any place.

Always clearly communicate your intentions when alone

with a person.

Never find yourself alone with strangers.

In order to ensure good judgment, be sure not to consume drugs or alcohol since they can and will impair your decision-making skills.

No matter who you are with, "No" means "No." Keep your own safety in mind above anything else.

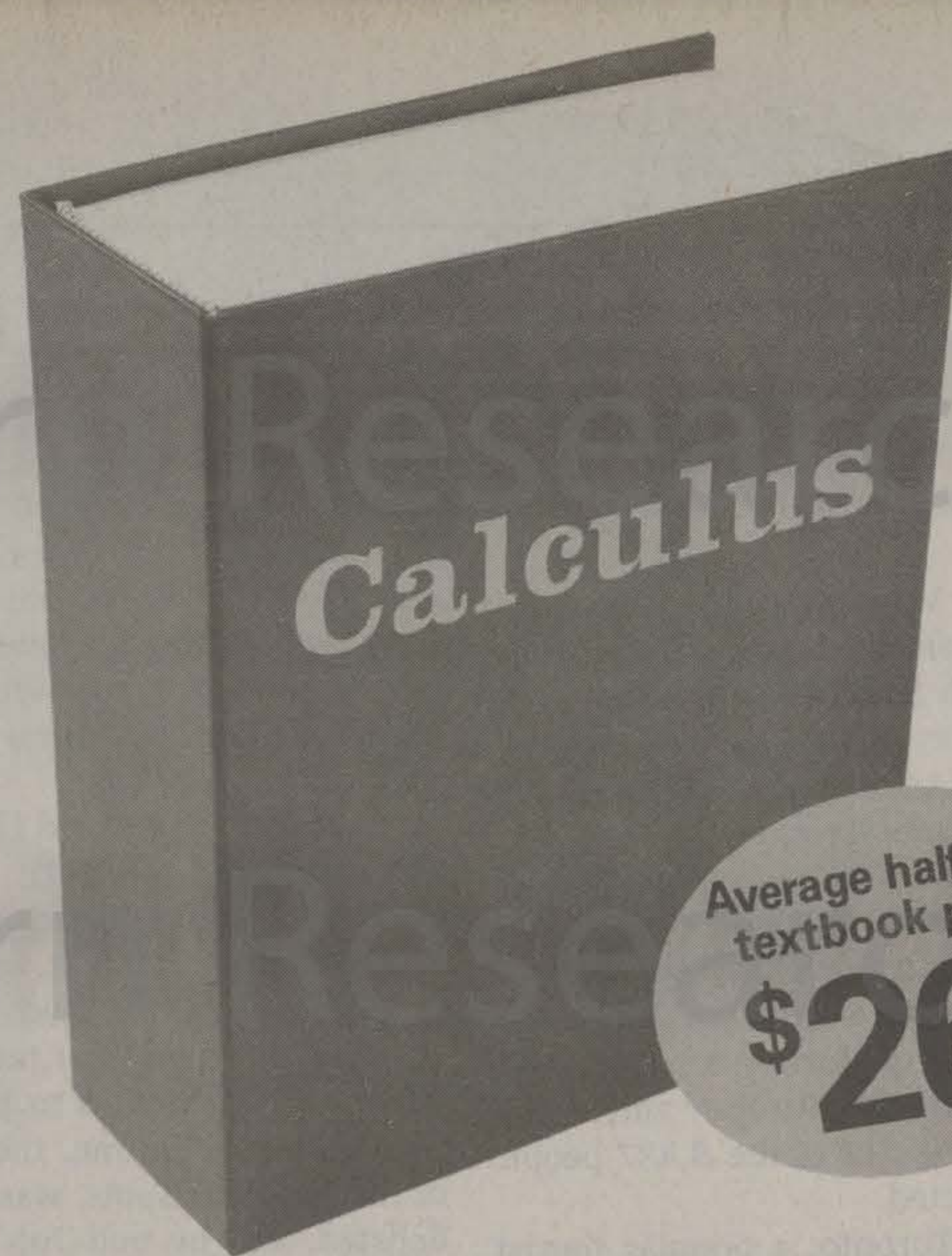
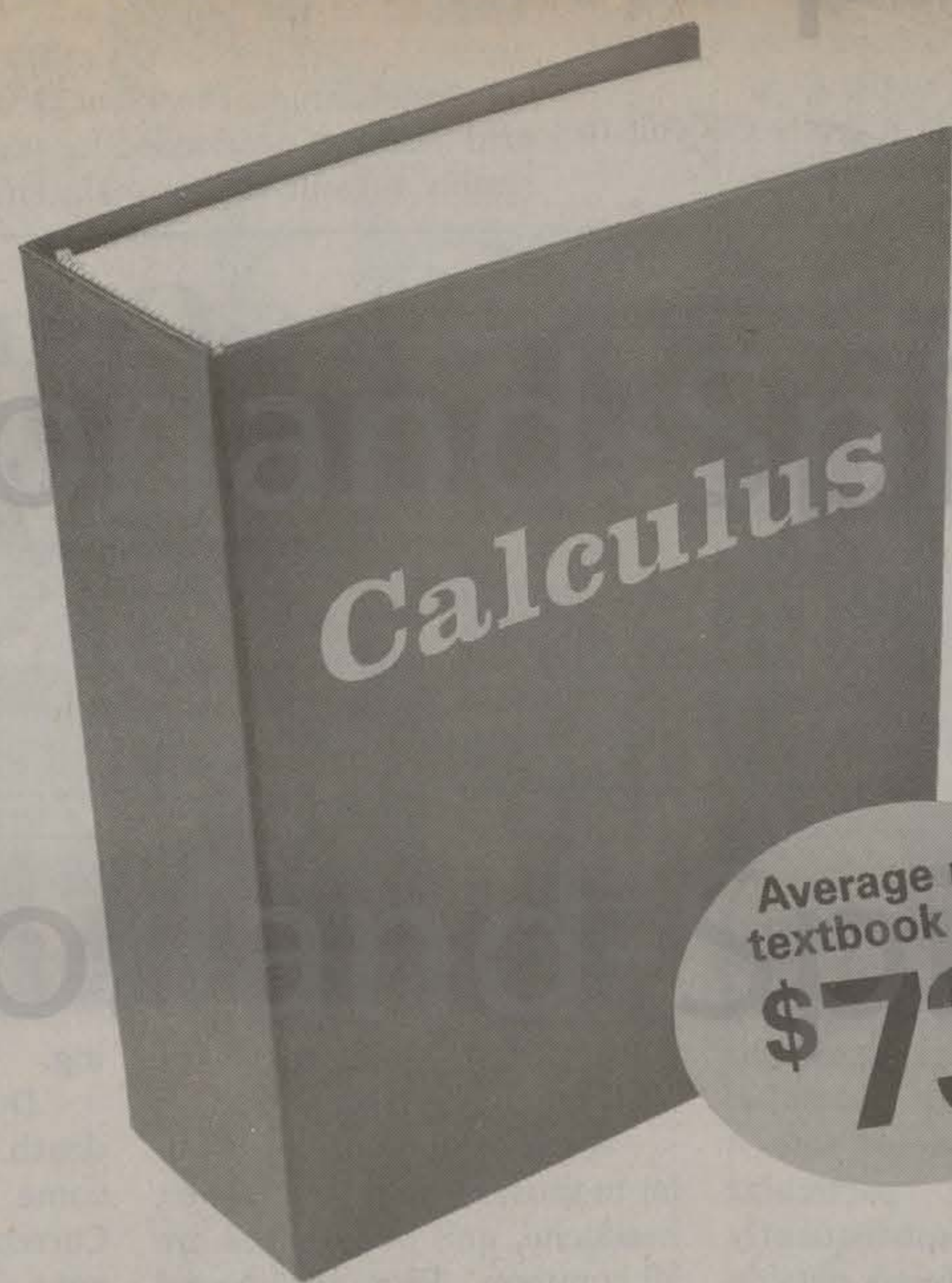
Again, leave any uncomfortable situation immediately.

Reporting Crime

Call Campus Police at 202-806-7777 (extension 6-7777

from your dorm rooms) in any case of emergency. Campus Police can be reached at 202-806-1100 in non-emergency situations. District of Columbia Metropolitan Police can be reached at 911 in case of emergency.

Be sure to report any crime or suspicious activity immediately. Following these tips, along with trusting your instincts, can prevent you from becoming a victim to campus crime, and will allow you to enjoy your years as a Howard University student.



You do the math.

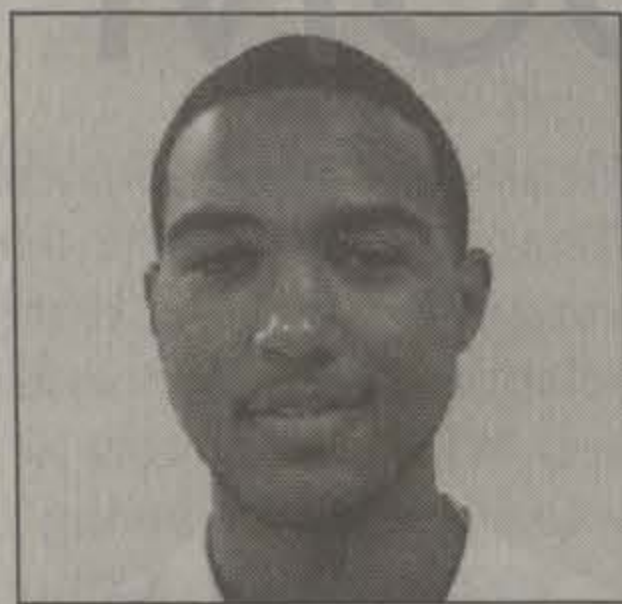
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PARKER'S PERSPECTIVE



Operation Iraqi Liberation: The Name that Didn't Make the Cut

By Sean Parker
Assistant Nation & World Editor

Fact One: More than 200 American servicemen and women have been killed and many more have been seriously injured since Operation Iraqi Freedom began.

Fact Two: Hundreds of Iraqi civilians — many of them innocent women and children — have been killed.

Fact Three: No chemical weapons have been found anywhere in Iraq. Zero.

"Satellite photographs reveal that Iraq is rebuilding facilities at past nuclear sites," stated the President during his speech to the nation in October.

After the fall of Baghdad and numerous inspections of these "former" Iraqi nuclear sites, no evidence has been found to validate his claim.

My favorite "justification" came in a press conference on July 14 when the president said, "We gave him [Hussein] a chance to allow the inspectors in, and he wouldn't let them in."

Hans Blix is a household name, not because he was the head of the International Atomic Energy Agency, but due to his involvement as Chief Weapons Inspector for the United Nations in Iraq.

That's right, in Iraq. U.N. inspectors went into Iraq to search for weapons violations from December '02 to March '03. And they found nothing.

Now, I am the first to understand people make mistakes. However, when we put our faith and confidence into the President of the United States to defend our country, create jobs and see to it that laws are enforced, there should not be a shadow of a doubt.

In this case, not only was there a shadow of a doubt, there were huge storm clouds over the shadow.

No one except the President and his advisors really know why we went to war. The justifications the President and his advisors give are simply for the public's benefit.

The mission to remove Saddam Hussein from power was labeled Operation Iraqi Freedom. Yet earlier on, when a name was to be chosen for the mission, they called it "Operation Iraqi Liberation."

I've been trying to figure out why they changed it, but I haven't had any luck, but I do know that that was the original name.

But I'll close on this, since sometimes the answer can be as plain as the words on a page.

Operation
Iraqi
Liberation

All I can do is hope that if the American public looks really closely, they may get the hint at why the Bush Administration felt threatened by Iraq.

Largest Blackout in U.S. History Hits Northeast Terrorist Attack Ruled Out as Cause, Overloaded Powergrid Blamed

Blackouts — past and present —

1965: The Great Northeast Blackout affected the north-eastern United States and parts of Canada lost power. 30 million people lost power.

1977: The New York Blackout, caused by multiple lightning strikes, knocked out power to the entire city of New York and affected 8 million

1996: The Northwestern Blackout. Transmission lines sagged into trees, affecting more than 4 million people in Oregon, Calif. and other western states.

2003: The Blackout of 2003 affected people in major cities from Manhattan, New York to Detroit, Ohio to Toronto, Canada.



Pedestrians and cars commute home in New York after the power outage shuts down trains and other public transportation.

By Sean Parker
Assistant Nation & World Editor

A massive blackout struck cities across the north-eastern United States, midwestern United States and parts of southern Canada at 4:09 p.m. EDT, leaving 50 million people without power.

Many New York City residents assumed the worst; that the blackout was the work of terrorists.

People stuck in subways screamed out for help, noticing that their train had abruptly stopped in the dark tunnels before they could arrive at their destination. Many accounts show that the immediate reactions of people affected feared another terrorist attack. The New York City government quickly ruled out the power surge as an act of terrorism, however.

Some cities that lost power due to the blackout were Detroit and Cleveland, as well as Ontario and Toronto, Canada. Some incoming freshman had different theories as to why the power went out.

"I just didn't think that my mom had paid the electric bill," freshman and New York native Tiffany Newell said. "I knew Howard was expensive, but I didn't know that it would make it hard to pay the electric bill," she jokingly told her mother.

Students and their families had to make extreme adjustments to make it to Howard despite the lack of electricity. Newell's mother had to drive from Brooklyn to Staten Island to buy gas and go to the ATM.

"Working with no power made it really difficult to finish my packing for school," Newell said.

Nia King-Rubie, another freshman from New York, was sitting at her brownstone in Harlem when their power went out. Her family was already prepared after Sept. 11 with bottled water and flashlights. She tried to avoid the thought of it being another terrorist attack. King-Rubie's power didn't come back on until 7 p.m. the next day, making her trip to Howard a day later than originally planned.

"Most people barbecued, but we were able to light our stove with a match and cook with it," said King-Rubie.

King-Rubie said the most memorable part of the blackout was the way the community came together in New York.

There were stories of minor looting, but it was less than anticipated. Detroit Mayor Kwame Kilpatrick said that in the first two

days of the blackout, there had been 165 felony arrests, lower than usual for a two-day period. Of the 17 felony arrests made in Detroit Friday night, only six were breaking-and-entering offenses linked to the blackout.

In the 24 hours following the power failure, there were 250 arrests in New York related directly to the outage. The total number of arrests for all crimes was 850, slightly below the average of 950 for this time of year, police said.

In New York, the blackout cost the city's economy hundreds of millions of dollars and contributed to at least five deaths. A 17-year-old boy fell from a rooftop in Brooklyn after trying to break into a shoe store. A 72-year-old man died Friday in a fire set by a burning candle in his apartment building.

Compared to the major looting that occurred during a blackout in 1977, resulting in over one billion dollars worth of damage, this crisis was handled very well by all states affected.

After the possibility of terrorism was ruled out, the next thought was the weather. This too was quickly dismissed as another theory came into play. Some believed that a power plant was struck by lightning near Niagara Falls. Eventually, this was also rejected.

Even now, the exact cause of the power outage has not been determined, however the likely culprit was an overload in the power grid which served the affected areas.

According to President George W. Bush, the power-grid has been overloaded for years, and this blackout was simply a result of poor maintenance.

SARS Claims Another Victim, Raises Concerns

By Shani O. Hilton
Nation & World Editor

While there were few reported cases of black people with SARS (severe acute respiratory syndrome), the illness had the entire world on edge a few months ago.

According to the Center for Disease Control (CDC), the virus reached more than two-dozen countries on the continents of North America, South America, Europe and Asia, killing 813 of the 8,437 people infected.

Toronto, a popular tourist destination for people of Afro-Caribbean descent, had two outbreaks from March to July,

during which 42 people died and more than 27,000 were quarantined. All cases were traced to a 96-year-old man who died on May 1 of pneumonia, but was not connected to the illness until two more cases surfaced.

Although the World Health Organization (WHO) had declared Toronto safe for unrestricted travel on Jul. 2, another person recently died from the virus, bringing the total of Toronto SARS victims to 43.

On Jul. 5, Taiwan, the last of the SARS hotspots, was also delisted, and by mid-July, the WHO announced SARS was contained.

As reported by CNN, the

original cases of SARS were caused by the handling of exotic animals at the Dongmen Market in South China. Three types of animals — civet cats, raccoon dogs and badgers — were found to have the SARS-associated coronavirus (SARS-CoV), which was passed onto the market workers.

According to scientists, the virus mutated within the human hosts, and was passed to others in a more dangerous and deadly form. Some of those infected traveled with it to Canada, in particular Toronto, which subsequently had the worst outbreak outside of Asia.

The illness is spread via

close contact, such as "touching the skin of other people or objects that are contaminated with infectious droplets and then touching your eye(s), nose, or mouth," the CDC reports on their website.

SARS symptoms are similar to those of influenza. Fever, headache, and body aches are all common. From the second day, victims can develop a dry cough or have trouble breath-



ing.

Due to the recent Toronto death, SARS concerns have come back to the forefront. Currently, a vaccine for the illness is being developed, in preparation for winter, when it may resurface in Asia.

COLUMN

Unfair Trade Policies Hurt Foreign Farmers

By Shani O. Hilton
Nation & World Editor

Welcome to college, where the most useful education doesn't always come in a textbook.

Far too often, the textbooks students read are filled with revisionist history, biased toward the United States. For example, the economics textbooks insist that the U.S. capitalist economy, despite its problems, is the best in the world.

However, this capitalist system is not always all it's cracked up to be. Case in point, the unfair trade policies instituted on other nations by the United States.

President George W. Bush

recently completed a five-nation whistle stop tour of the African continent to show himself and the U.S. as a compassionate world power.

His focus on AIDS (which, coincidentally, he deemed not important enough to put on his campaign platform) was an attempt to rescue this country's faltering global popularity.

But more than AIDS, the problem in Africa is economic. Of course, we've all heard money is the root of all evil, but money is also what makes the world go 'round. It's a fact that children raised with privilege have a far higher success rate than those who are not.

President Bush is a perfect example. What if he had been

raised in one of the many families that subsist off of welfare? He certainly wouldn't have become a success on his intelligence.

Despite the many large and advanced cities on the continent, many Africans live on a few dollars or less. In a continent as rich in minerals and agricultural land as Africa is, does it make sense that so many people are starving?

In a continent that has produced the likes of Kofi Anan, Nelson Mandela, Bishop Tutu and Gracela Machal, it certainly doesn't make sense that the citizens of Africa are running the continent into the ground all by themselves.

The answer to this question

lies in the trade practices of developed nations like Britain, France, Australia and the United States.

For example, according to the activist organization Oxfam International's "Make Trade Fair" campaign, the U.S. government gives huge subsidies to the U.S. cotton giants, preventing African farmers from getting a foothold in the industry. It's almost impossible for countries to export to the U.S., what with tariffs, bans, and unfair policies.

The World Bank, which loans money to countries, is another huge culprit. The Bank may give a country a loan to buy wheat, but stipulate the country must purchase it from

America, leaving local farmers with plenty of produce, but no one to sell it to.

In essence, the country is borrowing money from America, buying from American entities, and then paying the money back to America. How can an undeveloped nation ever get ahead if it's forever in debt? And it isn't as though they're asking for handouts, merely a chance to sell the products of their people.

Isn't that what American economics are all about - Fair competition and laissez faire? Too bad the government refuses to practice what it puts in our textbooks.

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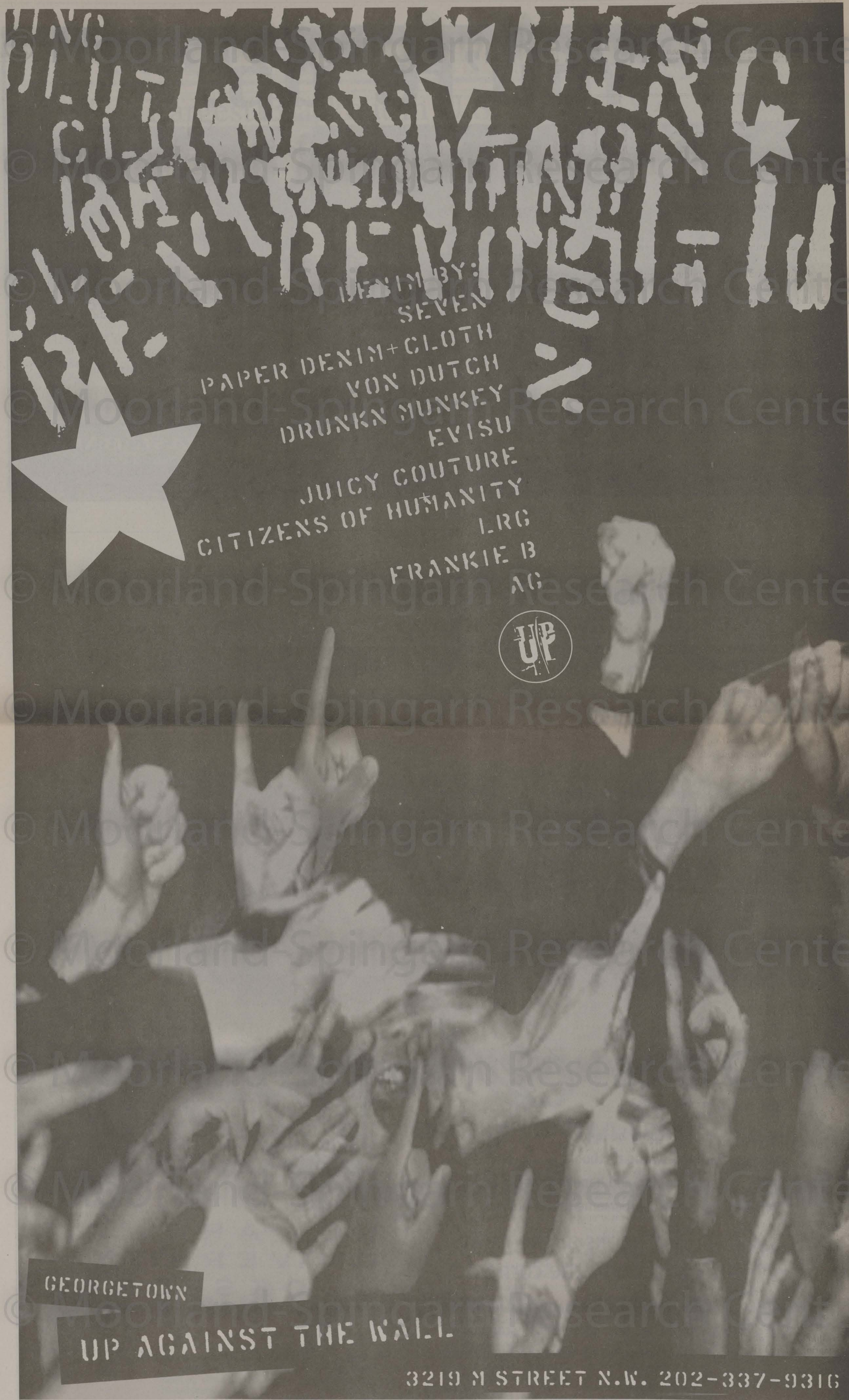
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LIFE & STYLE

The Hilltop Guide for Freshmen

We know you're a freshman because...

- 5) You are wearing the Howard University pin at this exact moment.
- 4) You walk into the A building thinking you're going to get help.
- 3) The word "visitation" means *so* much more than it used to.
- 2) You're tightest outfits are reserved for trips to the cafeteria.
- 1) You tell everyone that you will ride or die for your dorm.

Only at Howard.

- 5) A family member you never even met goes here.
- 4) The cafeteria can be *the* spot.
- 3) We have more shot outs on rap records than any other college.
- 2) P. Diddy *and* Thurgood Marshall went to our school.
- 1) Two words: "The Yard."

You may not want to, but these things will happen.

- 5) Join an organization.
- 4) Quit an organization.
- 3) Beat your roommate's (insert body part of your choice here).
- 2) Hate Howard.
- 1) Love Howard.

Everything you learned in high school, leave at high school.

- 5) The sign for Roc-a-Fella records isn't the sign for Roc-a-Fella records.
- 4) It's not that we don't believe you're a thug, it's just nobody here cares.
- 3) Nobody is forcing you to go to class.
- 2) Then again, nobody is forcing you to graduate either. Think about it.
- 1) At the end of the year, don't ask anyone to sign your year-book.

Top 5 Lists by Jozen Cummings, Life&Style Editor

The lies they tell you.

- 5) You don't need a car. (Trust me, you need a car. You can always use a car).
- 4) Everyone is smart.
- 3) Your state or city runs this school. (Pay attention to this one New Yorkers).
- 2) There's a 3 to 1 girl to guy ratio. (It's way larger than that).
- 1) Another HBCU is better than Howard.

The truth.

- 5) Our homecoming is the best.
- 4) There is no party like an HU party.
- 3) Speaking of HU, we are, and always will be, the real HU.
- 2) Students *have* been shot.
- 1) Rats and roaches live with you in the dorm.

Homecoming is an excuse to...

- 5) Get drunk.
- 4) Buy some new clothes
- 3) Miss one class.
- 2) Meet that special someone.
- 1) Invite one or two friends in town.

Homecoming is not an excuse to...

- 5) Get so drunk that you end up in jail.
- 4) Buy so many new clothes that you don't have money to get into the club.
- 3) Miss every class.
- 2) Break up with the last special someone.
- 1) Invite all your friends...and their friends too.

FRESHMAN COMMANDMENTS

I WHEN IN DOUBT, ASK. HOWARD IS FULL OF FRIENDLY UPPERCLASSMEN THAT ARE WILLING AND ABLE TO SHARE WHAT THEY KNOW. SO DON'T BE SHY, AND ASK QUESTIONS.

II KNOW OR BEFRIEND SOMEONE IN YOUR DORM THAT CAN DO HAIR. THERE ARE TOO MANY PEOPLE ON HU'S CAMPUS FOR YOU NOT TO GET TO KNOW THE GIRL OR GUY THAT CAN CUT, CORNROW, TWIST, FLAT-IRON, DYE, PERM OR BRAID YOUR HAIR FOR CHEAP.

III BE RESPONSIBLE FOR YOUR ACTIONS/ MODERATION IS THE KEY - PART OF BECOMING A FRESHMAN IS EMBRACING YOUR NEWLY FOUND FREEDOM. THE PARTIES AREN'T GOING ANYWHERE, REST ASSURED, SO FOCUS ON TACKLING YOUR WORK FIRST, AND "GET LOW" LATER.

IV FOOD = MONEY. AND FOR THOSE FEW WHO CAN ACTUALLY COOK (NO, MICROWAVES DO NOT COUNT) YOU MAY ACTUALLY FIND YOURSELF NOT PAYING FOR MUCH AT ALL.

V COMMON SENSE IS IMPORTANT. YOU ARE IN A STRANGE, NEW PLACE, AND YOU NEED TO TREAT IT AS SUCH.

VI BUY IN BULK. BUY A COSTCO CARD, OR SPLIT THE COST OF ONE BETWEEN YOUR ROOMMATE(S) AND SEE HOW MUCH YOU'LL SAVE.

VII COMMUNICATE WITH YOUR ROOMMATE. FRICTION CAN BE MINIMIZED WITH A SIMPLE CONVERSATION. MAKE SURE BOTH OF YOU ARE HONEST ABOUT WHAT IS OKAY, AND WHAT ISN'T.

VIII TAKE YOUR PROFESSORS UP ON THEIR OFFICE HOURS. EVEN IN A CLASS THAT YOU AREN'T HAVING PROBLEMS IN, SHOWING UP TO THEIR OFFICE ENABLES YOU TO LEARN MORE ABOUT YOUR TEACHER, AND VICE VERSA.

IX KEEP IN TOUCH WITH YOUR PARENTS. SO YOU'RE IN COLLEGE AND YOU'RE UNTOUCHABLE, UNTIL THAT FATEFUL DAY WHEN YOU NEED MONEY. YOUR PARENTS WILL BE THE FIRST SOURCE TO TAP. OUT OF RESPECT FOR THEM, CALL EVERY SO OFTEN.

X BE OPEN TO CHANGE. COLLEGE IS A PLACE TO LEARN MORE ABOUT YOURSELF, TAKING CHANGES IN STRIDE MAKES IT EASIER FOR YOU TO ADAPT TO THE CRAZY LIFE THAT IS YOURS FOR THE NEXT FOUR YEARS.

By Jennifer L. Williams
Assistant Life & Style Editor

COLUMN

depth.nicity

Memories of Freshmen Year

By Jennifer L. Williams

Imagine coming to Howard at the age of 17, faced with the challenge of completing your freshman year and your senior year of High School simultaneously. Sound unlikely? Well, for the first year I spent at Howard, the above was my reality. From 9 to 1, I took all of my Howard classes, and in the afternoon, I returned to my high school to finish up High School.

Needless to say, my freshman year was full of adapting. From living with a roommate, to adapting to college life (while still under the watchful eye of my mother, of course), to learning

how to cope with the fact that I had the opportunity to be independent, to interacting with college men, to learning the ins and outs of classes, to fading into obscurity at my high school, the year was a blur.

Honestly, there were a few times where I just knew I was going to fail, that I had taken on too much responsibility; that I just wasn't cut out for the challenge. And I am sure that all of my doubts would have pulled me under, if it weren't for the wonderful few that I can call my true friends who were there to help me remain strong.

I can remember the many nights I spent after an exhausting day, crying into my friend, Aisha's shoulder, and her reminding me that "God wouldn't of handed me this opportunity for me to fail." I can remember the numerous calls I made to Stephanie at ungodly hours of the morning just to clear my head, and she'd never hang up the phone, no matter HOW tired she was.

I remember Kamari running into my room stopping by ever so often to remind

me how strong I was and how proud she was of me. I remember Toya pulling me aside and alerting me that some of the females I had befriended were not my friends. At any point during my freshman year when I felt I was coming undone, I found solace in knowing that I was only a few doors or a few floors from people who actually cared. And I love them (and those whom I did not name) for the gift of their time and their presence.

To all the freshmen out there, if this year teaches you nothing else, learn to value your true friend(s). This year is guaranteed to push you to your limits, and you will find ever so often that everyone isn't always looking out for your best interests. In fact, there will be countless people actually praying for your downfall. However, with power of a friend sustaining you, you won't falter. Stay focused and have fun!



Photo by Maya Gilliam

Find all your favorite stars right in your own campus newspaper. Better yet, interview your favorite stars as well. To get more information, come to The Hilltop meeting this Sunday at 7 p.m. in the West Plaza Towers. Ask to speak to Jozen Cummings or Jennifer Williams.

MIND, BODY & SOUL

Weekly Horoscopes (Aug. 22-28)

Happy Birthday Leos! (July 22-Aug. 22)

You are flamboyant as well as a risk taker. You are ready and willing to handle anything that comes your way this week. You will be very social for the next couple of days. Signs that you are very compatible with are Aries and Sagittarius.

Famous Leos:

Jennifer Lopez: 7/24/70
Fidel Castro: 8/13/26
Halle Berry: 8/14/68

Aries (Mar. 21-Apr. 19)

This is a very hectic week for you. You will meet many new people, but at the same time you will feel restless. Try to stay focused in achieving your goals.

Taurus (Apr. 20-May 19)

This week finds you spending a lot of money, especially on food. Taureans in a relationship will feel tempted to cheat on their significant other. Single Taureans will remain single for now.

Gemini (May 20-June 20)

You find yourself thinking a lot about your summer fling lately. This week holds many surprises for you and since you are so laid back, you will be able to handle them in stride.

Cancer (June 21-July 21)

You are very moody this week. You feel overwhelmed yet excited. Call a friend you haven't heard from in awhile.

Virgo (Aug. 23-Sept. 21)

Your birthday is coming up and you are ready to party. This will be a very social week for you. Female Virgos will play hard to get this week. Male Virgos will be on a hunt.

Libra (Sept. 22-Oct. 22)

You are flirtatious by nature. You feel free and you will mix and mingle a lot this week.

A new friend will be jealous of all the attention you seem to be getting.

Scorpio (Oct. 23-Nov. 21)

You have a lot on your mind right now. You are considering ending a relationship as well as finding a new job. Try not to plan so much. Just go with the flow.

Sagittarius (Nov. 22-Dec. 20)

You will meet a Gemini this week who may end up playing mind games in the long run.

Capricorn (Dec. 21-Jan. 19)

Take time out to pamper yourself. You will find yourself feeling overwhelmed and even uncertain at times this week.

Aquarius (Jan. 20-Feb. 17)

You will feel very stressed and anxious this week. Your compatible signs this week are Capricorn and Pisces. You are usually compatible with Gemini's and Libras.

Pisces (Feb. 18-Mar. 20)

This week, you will find yourself questioning certain decisions that you have made. People who don't know you very well will perceive you as being shy and mysterious.

-Compiled by Leesa Davis

Beware of The Infamous Freshman 15

By Leesa Davis

Mind, Body and Soul Editor

Her freshman year, Jettie Norfleet, now a junior psychology major, went back home for the Thanksgiving holiday and was greeted by her family with looks of surprise.

"You've gained so much weight. What happened?" her mother asked.

Norfleet was another victim of the infamous freshman fifteen, additional weight that first year college students supposedly gain. It's been talked about that freshmen gain an extra 15 pounds while sophomores gain an extra 7 pounds.

Norfleet said she realized her weight gain when her clothes got tighter. "Before I got to Howard, I was wearing a size 5 and I went up to a size 7," Norfleet said.

By sophomore year, Norfleet lost all the weight, going from 155 lbs to 135 lbs.

"I think I gained all the weight because I wasn't active. In high school, I danced and I

was on the volleyball team. My freshman year, I would just eat, sleep, then wake up and go to the cafeteria," said Norfleet.

A sophomore male, who wishes to remain anonymous,

back home so it was kinda weird," said the computer science major.

Since his freshman year, he has managed to lose half of the weight he gained.

lucky freshman year," said Waters.

Kimeera Rao, a dietitian at Howard University Hospital, says freshman gain weight due to their newfound freedom.

activity also contributes to the weight gain," said Rao.

Katherine Tallmadge, president of Personalized Nutrition in D.C., says weight gain during the first year of college can often lead to other problems.

"Many of my clients' first experience with weight problems began their first year of college. For some young people, the gain evolved into eating disorders," said Tallmadge.

All in all, the freshman fifteen and sophomore seven can be avoided by keeping active, eating healthy and easing off on the late night eating.

Also remember that a food labeled fat-free doesn't mean calorie-free. Fat-free snack foods often contain a lot of sugar, which consists of calories equivalent to its full-fat alternatives. The body converts all excess calories whether carbohydrate or protein to body fat.

Avoid Too Much Of These	Choose These Instead
<i>Oil, butter, margarine, mayonnaise</i>	<i>Herbs, spices, honey, jam</i>
High-fat Meats <i>Hot dogs, sausage, pepperoni</i>	<i>Skinless chicken, turkey breast, fish</i>
High-Fat Snacks and Desserts <i>Cookies, cakes, pies, Potato chips, candy</i>	<i>Fresh fruit, pretzels, low-fat granola bars, and graham crackers</i>

says he gained almost 20 pounds throughout the course of his freshman year.

"It was embarrassing when I went home and everyone saw how many pounds I put on. I used to be an athlete

On the other hand, Shakira Waters, a senior marketing major, says she lost weight her freshman year and gained it sophomore year.

"By sophomore year I had gradually gained weight. I was

There are no restrictions as to what can and cannot be eaten.

"Freshman generally try to adjust to college life, making new friends and often times attend social activities that involve food. Less physical

Hair's What You Need to Know to Maintain Those Tresses



PHOTO BY MAYA GILLIAM
Braided hair is a popular trend for males and females on Howard's campus.

By Leesa Davis

Mind, Body and Soul Editor

Most people experience hair drama, especially in the sweltering summer heat.

According to Fatima Martinez, owner of Wrappin' Heads by Fatima located on Georgia Ave., it all depends on texture when discussing hair.

"Nine out of 10 times, when you have kinky or tight curly hair, it doesn't respond to humidity very well," Martinez

says.

Curly hair tends to be frizzier than straight hair so washing it too often will exacerbate the situation. Natural oils are generally the best option for keeping the curls in check.

Martinez recommends a high protein treatment, which is why she uses Design Essentials products on her clients. "Design Essentials is specifically for black hair and it gives the proper proteins and

moisturizers needed," she says.

Thomas Washington, a stylist at Upscales located on 7th and Florida Ave., says Design Essentials is also his product of choice and it can be used on both natural and perms.

"For managing hair in humidity Silk Essentials by Design Essentials is a water-based silicone. You have to get it from a professional. It's about \$15 for a bottle and it retains moisture needed for your hair," he says.

Martinez also stressed the fact that once you have chemicals, such as a relaxer in your hair, there is subject to more breakage.

Nioxin products, which are specifically for thinning hair helps to correct damage to the scalp. NX3, a follicle booster, also assists with breaking hair.

For Andrea Holloway, a first year graduate student, Joico ICE controller gel does wonders to her tresses.

"I'm in the process of growing out my perm and Joico works well. My hair texture is soft and does pretty good in humidity anyway," says Holloway.

Timothy Johns, a sophomore political science major

says he leaves his hair the way it is.

"I feel people buy all these products for their hair and it doesn't work. I just wear my hair out in a fro," said Johns.

For the most part, there are many products that can enhance the appearance of your hair on a humid day, but home care is also important. Most people neglect the fact that having a diet rich in vitamins and nutrients determines the health of the hair.

Avoiding tight braids, ponytails and weaves are also crucial in regards to maintaining healthy hair as these things can lead to thinning of the hair and even hair loss.

Washington says he wouldn't suggest wearing braids and weaves but if people do decide to wear them, they should take the proper care.

"I would suggest braids over a weave but braids shouldn't be kept in for more than two months. People feel that wearing a weave will help their hair to grow but weaves can do more damage than good," said Washington.

Sewn-in weaves should be taken out each month and weaves that are glued in should be taken out every week as it

slides down the hair shaft.

Washington says he notices more females going for a softer look and more males cutting their hair.

"Females don't do the shiny hair look anymore. I notice they're doing the short sassy styles. Guys are chopping off their hair that they grew out and it's more locks and dreads now as opposed to braids. Braids are going out of style for guys," said Thomas.

Martinez, on the other hand, says more guys are sporting braids and females are going for the natural look.

"I see a lot of females wearing the two-strand twists and straw sets, the guys are doing braids most definitely," said Martinez.

One thing is key when managing your hair in humidity and that's keeping the hair moisturized since black hair is naturally dry and most times coarse. Applying leave-in conditioners to relaxed or color-treated hair is also very important.

But no matter how long you primp, curl or gel down the hair, humidity will almost always win the battle on a hot muggy day.

Saving Skin from the Hot Sun

By Erica Williams

Asst. Mind, Body & Soul Editor

While many people anticipate the sunny weather of summer, some may reconsider their anticipation as they begin to reap one of the most common problems that can come along with the hot and humid weather: skin-related problems.

Sunlight contains harmful ultraviolet rays that can damage the skin. With blazing heat, the body's first defense organ, the skin, takes the onslaught of the scorching sunrays. According to AOL Health, some of the factors that determine the health of our skin are humidity, temperature and intensity of sunlight, all which seem to occur the most during the summer season.

There are various skin problems associated with the sunlight and heat. Some of the most common are sunburns, photodermatitis, and sun tanning. Although the causes of

these skin problems can all be related to intense sunlight, the symptoms tend to be different.

Sunburn is one of the most common forms of heat-related skin problems. Caused by the ultra-violet radiation in sunlight burning through the outer layer of skin, sun burns show up as patches of darkened skin peeling away.

According to AOL Health, to prevent sunburn, use sun block lotion of SPF 30 for normal skin and of SPF 45 for light skin. The sun block is to be applied every three hours as the effect of these lotions lasts only for a few hours.

Another remedy, found in the Hindu, India's national newspaper, requires you to mix together the juice of six peeled cucumbers, two cups powdered milk and two teaspoons dried lavender flowers. Apply the above paste directly on the affected areas of the skin. One cup of this mixture added to lukewarm water can be used as

a skin smoothening balm for damaged, sunburned skin.

Another common heat-related skin problem is photodermatitis. Translated as allergy to sunlight, photodermatitis affects 10 percent of the population by causing allergic reactions to direct exposure of sunlight. Those who suffer from this skin disease may experience itchy rashes, redness and boils.

AOL Health advises application of adequate ointments and Retinoic acid to alleviate the symptoms. Also making sure to cover the exposed areas of the skin with cloth gloves, masks, caps and similar protective measures can help to prevent photodermatitis from occurring.

Although those who suffer from photodermatitis must take cover from the exposure of the sun and those who suffer from sunburns usually do not receive them intentionally, some people prefer to experience the com-



PHOTO BY MAUREEN TAYLOR
Some students would rather stay inside on hotter days.

plete exposure of the sun or heat. Those who suntan use the heat to darken pale skin. However, too much heat can become dangerous.

According to AOL Health, tanning is the most common downside to exposure of skin to direct sunlight. It varies with skin type, fair-skinned people being more susceptible than those with a darker complexion. However, adequate sun block to

be repeated every two to three hours can help reverse the negative effects of sun tanning.

With adequate preventions during the summer and intense heat, you do not have to receive only negative results when it comes to your skin. By following only a few basic preventions and methods, you can enjoy summer while not worrying about the drastic effects the heat will have on your skin.

PERSPECTIVES

...She Said

By Nakisha Williams
Assistant Editorials &
Perspectives Editor

Here's my 2 cents...

So, you've made it through high school and you're finally in college. Congratulations!

Most of you are probably unsure about what this year has in store. You probably want to know the little things about Howard that they don't tell you at www.howard.edu.

Things like: a) The group of 20 you kick it with first semester will be seriously downsized as folks start to show their true colors; b) all that cutesy crap you bought at Bed Bath & Beyond marked "specifically for college" was a waste of money and isn't really functional; c) you don't really need to buy every book for every class and d) that upper-classman guy/girl may seem extra cute but if you knew them the way we do, you might think twice about trying to get with him/her.

And sure, it's nice to know what you're up against when you enter a new situation. But then again, most of the fun of freshman year is being blissfully unaware and optimistic. So, since things are exciting and new to you, I won't be trying to taint your minds with my own experiences.

Instead, I will share with you a few universal things that seem obvious but people still manage to forget their freshman year:

1: Mistakes (especially "Classic Freshmen ones") are inevitable parts of life and you will make them! You'll want to kick yourself for not listening to some of the advice of others but be easy on yourself. Our mistakes help us learn and evolve.

2: "Freshman" is NOT synonymous with incompetent. There is a common stereotype that freshmen are immature, naïve and silly. Some of you may be, but a lot of you are not. Don't let anyone belittle you because it's your first year. You may not know how to handle all of the situations that you encounter, but trust, you will quickly learn!

3: Leave your home life at home. I'm not saying don't call mom and dad, nor am I saying throw all of your home training out the window. Don't get so wrapped up in your life at home that you forget to have fun here. Your family will always be there, your friends (those who are really down) will keep in touch, and if it was meant to be with that special someone, it will be. Enjoy the present.

4: Remember why you came to college in the first place. Have fun, but within reason. It's cool to chill, but the "look to the left, look to the right" saying is not a game! You don't want to be the one who wasn't standing after first semester!

5: Ultimately, Howard is what you make it! If you ask me, Howard is a GREAT place to be, but not everyone feels the same way. You'll hear some people continuously harp on the negative aspects of Howard, but you don't have to make their negative experiences yours. Things here at the Mecca won't always be perfect, but with a positive attitude you can make any situation that much better. Go to events, meet new people, and have fun!

As time progresses, your experiences here will teach you all of the "unspoken rules" at Howard. For now, stay busy being excited, try to get along with your roommate, and unpack all the stuff you bought "specifically for college."

Nakisha Williams was a freshman last year. She misses all the new experiences. Share yours with her at n_j_williams@howard.edu.



A Guide to the Freshman Fifteen

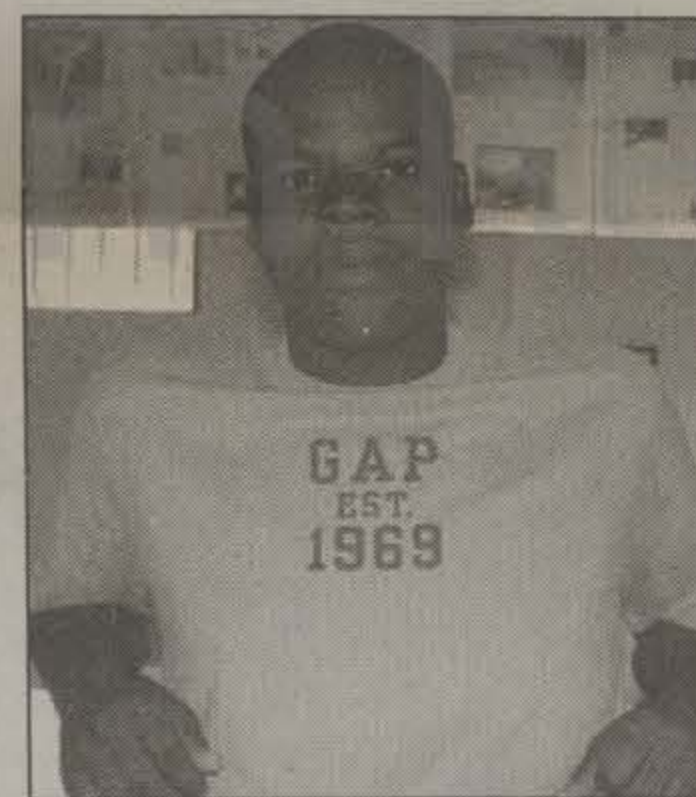
By Maiya Norton

The buffet is a good friend of mine
I enjoy standing in the buffet line
With more and more food I return to my seat
Why? Because I love to eat
I don't care who's standing around
I will grab three plates and begin to get down
I know my face is getting round
But it's alright if I gain a few pounds
I love to eat 'til I'm stuffed; damn near sick
When you live down south it's OK to be thick
I proudly eat at Blackburn three times a day
But I'm never hungry so to me it's ok
I always make sure I clean my plate
I'm never embarrassed on a dinner date
Why should you pass up potatoes and steak?
Indulge in eating, give the diets a break
Ain't nothing wrong with a little gut or extra skin
As long as you have love and confidence within
Always allow yourself to have a taste

Embrace your new waist don't give it that face
It gets cold in the winter consider it a blanket
After the snow at Howard, you'll love it and thank it
Don't be so upset if you go up a size
Enjoy that damn hamburger and fries!
Don't see your new thighs as a reason to cut back
Be proud of your new ass, throw it back and make it clap
Don't pass up Popeye's so you don't get thick
Having weight makes you healthy
Too skinny looks sick
Don't count the calories in the food you eat
Share food with every person you meet
Don't feel bad if no one recognizes you at home
It's not the weight gain they just think you look grown
After all it is just 15 pounds
But if you hit 25 put all Twinkies down

Don't stress about the weight gain, laugh about it
You look as good with it as you did without it!

A Lesson Learned



By Corey Cunningham
SENIOR EDITOR

Currently Howard is in the middle of a \$250 million capital campaign to raise greatly needed funds. When I first heard \$250 millions, I along with my friends, thought several things, but it didn't occur to me ask, "How can I help?"

That was until I met some 1997 alum on a tour. As I walked the students around the university, pointing out the many things Howard has to offer, I kept hearing "they didn't have that when I was here."

As I finished explaining how online registration worked, I noticed that most of the questions on Howard facilities came from those who already "knew" the school.

But the Howard they knew

was long gone. In its place were Smart rooms, a Commuter Lab, and two new libraries.

But how could they not have known about this stuff? Surely many had been to homecomings, subscribed to The Hilltop, or supported the university in some way. Right?

Wrong. Most of the alum on the tour expected to come and find Howard "the way they left it."

I don't doubt that many of them had graduated with plans to give back once they became BIG. But it seems that while the plans of making it big never died, the other was left at graduation.

Not to blame anyone, it's a tough life after graduation. You need a nice pest-free, up-to-date place to live. No way can you go back to those Drew/Quad days. You have to buy food that you can actually eat, unlike the Café.

Later on, while I doing my homework in the i-lab, I thought about the \$250 million. I began to think of all that needed to be done. I also wondered where the money was coming from. Immediately, I thought that Howard might be selling the university, donation by donation.

I thought of my kids going to psychology class in Gates Hall, or playing ball in Forbes stadium.

This was something that

neither my friends nor I wanted to happen.

After that night I decided to do some research as to how much alumni give, and what plans were being made.

On the administrative side, I have found that they are doing all that they can. We have a relatively new VP of Advancement and the alumni affairs office is planning more programs to involve alumni and create post-school spirit, and the president has been shaking a lot of hands.

They say hope for the best, but prepare for the worst, but what can be really done to combat the apathy towards giving to Howard?

We are already selling naming rights to things as small as tables in Founder's library. Harvard doesn't have to sell its tables; neither does Brown or Stanford.

Many would think that a school that produces the most professionals of a single race would be raking in the money, but that is not the case.

"To whom much is given much is required." This phrase has been stated much of my life. Now, as I prepare to embark on my final year at Howard, I am saying it. For now, I don't know what it is going to take for the masses to give back. All I know is that for me, it only took a reminder of how much I have been given.

A Different World From Where I Came From

By Ruth L. Tisdale

Imagine a town where everyone knows everyone, doors never had to be locked, and everyone was courteous and kind to everyone. Sounds like a fantasy, right? Not to the citizens of Pensacola, Florida where I grew up.

When I first came to Howard, I still had visions of this place fresh on my mind only to be awakened by the harsh reality that I was living in an urban city where everyone was neither kind nor courteous. I had a major culture shock my first week at Howard. From the

rude and unhelpful people in the financial aid office, to the run around that I received trying to obtain the coveted validation sticker and Capstone card, I knew that I had entered a different world.

During the school year, I had to make many adjustments to living in Washington, DC and attending Howard. For the first time in my life, I had to take public transportation in order to get around town. No longer could I walk around the campus or city at three in the morning and not fear being robbed or raped. I saw many of

my small town friends become overwhelmed with newfound freedom and life in the big city. Because there was not much to do in my small town, I soon became involved in all of the activities on campus that I could possibly be involved with. I had to learn the painful lesson of keeping a balanced life.

The greatest adjustment that I had to make was the adjustment on myself. Before I came to Howard I felt that I was an open-minded person only to find that I had to open up even more. Through the people I met and interacted with I learned

that I had be more accepting of people's differences and characters.

During my freshman year, there were two valuable lessons that I learned that I know will help any incoming freshman adjust to life in DC.

Don't forget your home training. Many times incoming freshmen come to DC and become overwhelmed with newfound freedom and forget the valuable lessons that were taught to them by their parents. Even though they may not seem like it, the life lessons that your

parents teach you are invaluable.

Learn to say no. As you become involved in the Howard experience there will be many times when your friends will pressure you to go out and party instead of studying. Learning how to say no is essential to having good time management.

Being apart of the Howard experience is truly one of things that you will cherish for a lifetime.

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Direct questions to the CSA Office @ (202) 806-6915

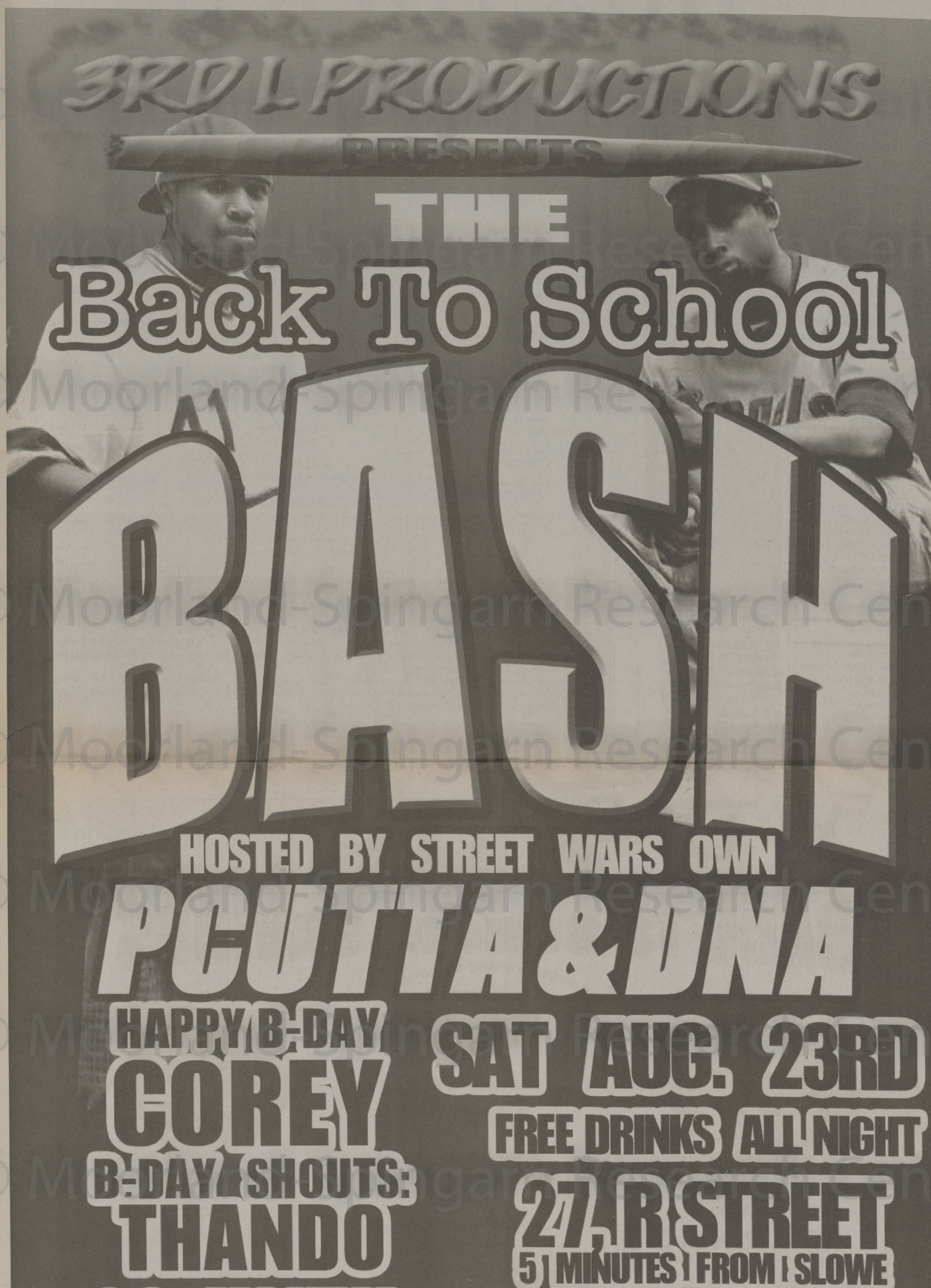
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Left on Florida, follow Florida to R Street, NW

Left on R, red brick 3 story house towards end on block.

HILLTOPICS

All Hilltopics are due, paid in full, the Tuesday and Friday before publication date.

Announcements by campus organizations for meetings, seminars, or nonprofit are charged \$5 for the first 20 words and \$1 for every additional five words. Individuals advertising for the purpose of announcing a service, buying or selling are charged as local companies with a rate of \$10 for the first 20 words and \$2 for every 5 words there after. Personal ads are \$2 for the first ten words and \$1 for every additional 5 words.
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DREAM
SPEECH" on
the National
Mall
- VP NAACP

STAFF- Remember to meet at 3:00 pm in front of the A Building on Sunday, dressed up in your Sunday best! p.s. You all did okay this week, but I'm still not happy. - YOUR BOSS JOSEF

THE HILLTOP

The Nation's Largest Black Collegiate Newspaper

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Now in its 78th year, The Hilltop is published every Tuesday and Friday by Howard University students. With a readership of more than 10,000, The Hilltop is the largest Black collegiate newspaper in the nation.

The opinions expressed on the Editorial Page are the views of The Hilltop Editorial Board and do not directly reflect the opinion of Howard University, its Administration, individual Policy Board members or the student body.

The opinions expressed on the Perspectives Page are those of the authors and do not represent the views of the Hilltop Policy Board. The Hilltop encourages its readers to share their opinions with the newspaper through letters to The Editor. All letters should include a complete address and telephone number.

Please send letters to: The Hilltop, 2251 Sherman Ave. NW, Washington, DC 20001. The Hilltop can also be reached via email at TheHilltop@hotmail.com. The office phone number is (202) 806-6866. The Hilltop reserves the right to edit letters for space and grammatical errors. All letters must be submitted a week prior to publication.

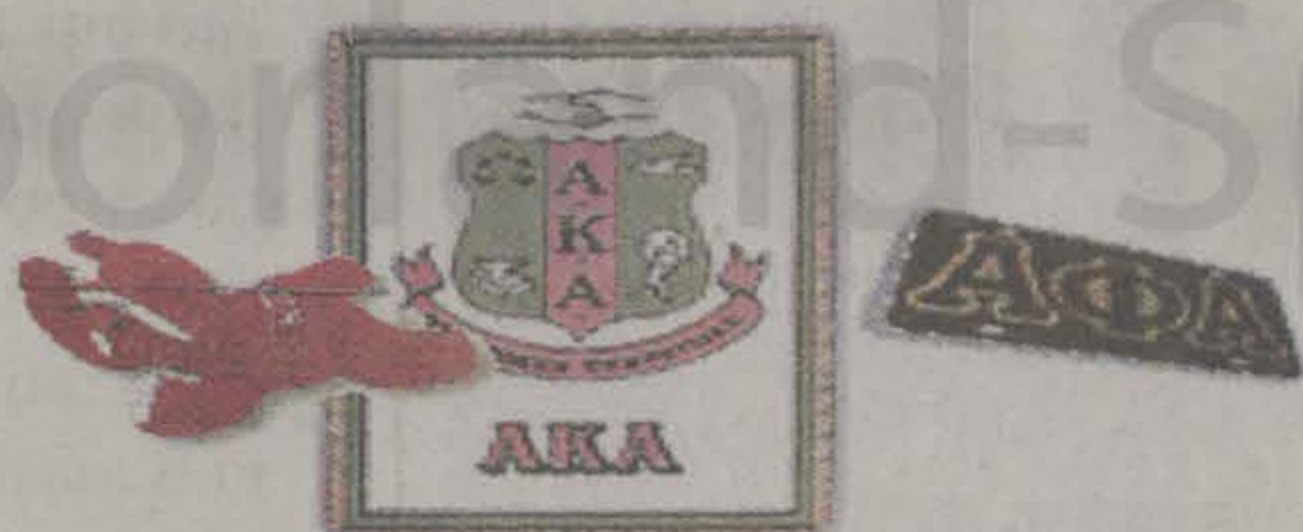


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